



BRING WELLNESS

To your workplace

Yoga Classes

- 50 min weekly or biweekly.
- Our place or yours!
- Equipment can be included.

Self-Myofascial Release

- 60 min interactive workshop.
- Learn self-care techniques to prevent workplace aches & pains.

Wellness Workshops

- Customizable to the specific needs of your workplace.
- Examples: mindfulness & meditation, workspace ergonomics, wellness in the workplace.



Roper
PHYSICAL THERAPY

Who We Are

Highly trained, integrative physical therapists with certifications in medical therapeutic yoga and lifestyle medicine.



Christine Roper
PT, MSPT



Rachel Gorman
PT, DPT



Cay Moore
PT

We integrate myofascial release with physical therapy and yoga, to treat the whole person, not the problem. We are passionate about wellness education within our clinic and community.

Our Approach

Workshops, depending on size, range \$150-\$450.
Contact r.gorman@roperpt.com for more information!

www.roperpt.com

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Morgan Stanley


CliftonLarsonAllen

Arthur Elliott



FORWARD MOTION 

KALONS,
GLIDEWELL
& GREWAL
General and Cosmetic
Dentistry